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Cheyenne & Arapaho
TRIBAL TRIBUNE

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Photos by Rosemary Stephens

Horses, ranching, buffalo

By Rosemary Stephens, Editor-in-Chief

The Cheyenne and Arapaho tribes' Farm and Ranch Program is preserving tribal traditions through training/riding horses, ranching and raising buffalo.

Driving through the Cheyenne and Arapaho tribal complex in Concho, Okla., one will see hundreds of buffalo roaming the green pastures while being herded on horseback by the Cheyenne and Arapaho tribes' farm and ranch crew.

"Keeping our heritage, feeding our children and our elders ... that's the main reason for our buffalo. Our tribes have always fed our people through buffalo," Stephen Fletcher, Cheyenne and Arapaho tribes' farm and ranch manager, said.

The tribes have approximately 350 head of buffalo and are expecting 30-40 more of the purest blood buffalo from Yellowstone National Park.

"The buffalo herd supports our diabetes wellness program, our ceremonies and tribal members have access to the buffalo meat. We need to start having our casinos utilize our buffalo meat for their menu items, such as buffalo burgers and things like that," Chester Whiteman, Cheyenne and Arapaho tribes' economic development director, said. "Over the years we have acquired buffalo from the Inter Tribal Bison Council, the Crow tribe and from Wind Cave, to name a few."

Whiteman said the tribes currently have 35 of the purest top breeders in the U.S. that originated from North Dakota.

"Buffalo are very selfish animals and they are their own worst enemy .. but then you have our two alpha males, Boomer and Blangus," Fletcher said. "They eat potatoe chips and doughnuts and are just funny, but they can and will hurt you if you don't know whaty you are doing."

Along with building the tribes' buffalo herd, the farm and ranch program are in the beginning stages of training horses.

"Herding buffalo is a whole lot different than herding cattle

*See **Horses**, page 10*

Photo by Rebecka Lyman

Lt. Govenor Jari Askins addressing business owners at the luncheon banquet.

Promoting business in Oklahoma's Indian Country

By Rebecka Lyman
Reporter/Ad Sales

American Indian business owners as well as tribally owned businesses met with key buyers from local, state and Federal agencies from Oklahoma and Texas in order to grow and diversify their respected businesses.

" I hope you at least brought 100 business cards and hopefully leave with none in your pocket," Paul Bickford, American Indian Chamber of Commerce of Oklahoma (AICCO) president and member of the Cherokee Nation, said. "We have participation from private companies, corporations, state and Federal agencies. The whole purpose here is to get together, network and figure out a way to do business with each other."

The (AICCO) and the American Indian Chamber of Commerce of Texas (AICCT) hosted the fourth annual Indian Country Business Summit (AICBS) in Norman, Okla. on Aug. 17-18, 2010. The summit helps to promote American Indian owned businesses in Indian Country with a focus on Oklahoma and Texas.

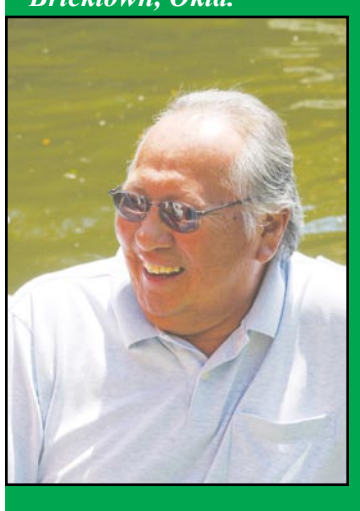
"I shudder to think what would happen if there was not a strong tribal business presence in Oklahoma," Jari Askins, Lt. Governor of Oklahoma said. "There is no doubt that we are stronger when we are all to-

*See **Summit**, page 4*

Cheyenne and Arapaho tribes' R.E.Sp.E.C.T. program hosts Elder's Day Out

By spending the day visiting the Cowboy Hall of Fame, enjoying lunch at Spaghetti Warehouse and ending the day with a water taxi cruise along the Oklahoma River in Bricktown, Okla.

Photos by Rebecka Lyman



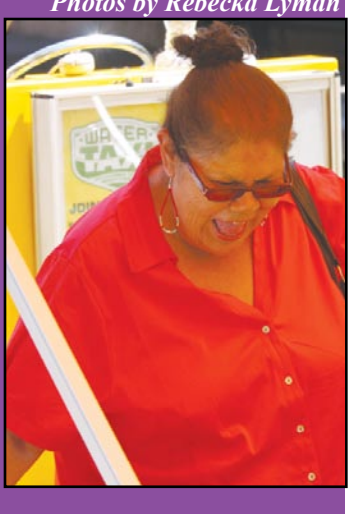
Cecil Dawes enjoys a water taxi cruise in Bricktown.

Rosa Whiteshield patiently waits to board the water taxi.

Rosemary Conner visits with friends along the Oklahoma River.

Will Kirk and Violet Rutc visit during elder's day out.

Theda Benton enjoys laughter and a beautiful day.



Elizabeth Morlan is excited to spend an hour cruising the Oklahoma River.

Look Inside

DRUMS Project Pg. 2

Jordan Woods MVP Pg. 3

Red Earth Golf Pg. 9

Member Oklahoma Press Association
Member Native American Journalist Association
"2010 Native American Journalist Assocation Award Winner"

Courtesy photo

Native American male students of the Oklahoma City Public School system display their drums during the second annual Developing Responsible, United and Motivated Students (DRUMS) project.

Building character through drums

By Rosemary Stephens, Editor-in-Chief

The drum making process is helping to build character in Native American male students attending Oklahoma City Public Schools (OKCPS). The second annual Developing Responsible, United and Motivated Students (DRUMS) project was held July 20-23, 2010 at the Stroud Wilderness Center in Stroud, Okla.

"Nearly every tribe in the United States uses drums in one form or another. When men are using the drum, a protocol of respect and professionalism must be strictly adhered to," Dr. Star Yellowfish, OKCPS Indian education administrator, said. "We hope by teaching these young men to respect each other while sitting at the drum, they will be able to transfer these lessons to all aspects of their lives, including academics."

"We hope by teaching these young men to respect each other while sitting at the drum, they will be able to transfer these lessons to all aspects of their lives, including academics."

The DRUMS project's main objective is to increase students' self-esteem, promote leadership, cultural pride and unite Native American students by giving them a sense of belonging.

"During the four day camp we do our best to teach these young men how to respect themselves and each other and how to communicate with one another in a gentlemanly fashion, in addition to learning an extremely valuable skill we hope they will take with them when they leave and better equip them to interact with their peers, authority figures and families," Yellowfish said.

She said the DRUMS program also provides a sense of family for students among their fellow drum makers and the DRUMS staff.

"The DRUM project teaches the values of respect, team work, responsibility, family and culture all combined to help motivate our young men to be leaders in the classroom, their homes and their communities," Yellowfish said.

Male students in the sixth through 11th grades that attend Oklahoma City schools are nominated through a process that begins with the OKCPS Indian education advisors. The advisors work within the school system and choose students who they believe would benefit the most from the DRUMS project.

After being nominated, each of the boys had to write a one-page essay on why they wanted to be a part of the DRUMS project. After being selected, the parents sign a release giving their child permission to participate.

Cheyenne and Arapaho tribal member, Christian Gorham, attended the DRUMS project last year and was a returning veteran this year. Gorham stated he has had a stronger desire to be a part of his Native American culture and community since attending the camp.

A total of 15 students attended this year's DRUMS project, seven returning students and eight new students. Returning students are classified as the vets and new students as the rookies. The vets attending this year were Timothy White, Cheyenne and Arapaho, Gorham, Gabriel Esquivel, Cheyenne and Arapaho, Julian Serrato, Ponca, Adrian Candia, Cheyenne and Arapaho, Geno Esquivel, Cheyenne and Arapaho and Robert Torres, Creek.

The new students who attended this year are Skylar Tah, Apache and Otoe, Jordan Blaine, Pawnee, Otoe and Creek, Corey Carter, Creek, Isaiah Hunter, Choctaw, Mack Leitka, Absentee Shawnee, Seminole, Creek, Cherokee, Zack Garza, Ponca, Felipe Garza, Ponca and Josh Garza, Ponca.

Staff members included Yellowfish, Robert Whitebird, Graham Primeaux, drum maker and visionary for the DRUMS project, Nick Wahpepah, Shea White, Raven Chong-Sand, DJ Vaughn and Pearl White.

Young men interested in attending next year's DRUMS project can request information from their Native American student service advisors or visit the OKCPS Indian Education office located at 900 N. Kline in Oklahoma City.

Other projects sponsored by the OKCPS include the annual OKCPS powwow in November, Metro Hand Game Invitational held during the fall semester, Native American Student Color Guard, Native American Dance Troupe, summer day camp in June and Native American Senior Honor banquet in April.

For information on the DRUMS project or any other projects call (405) 587-0357.

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Points of Discussion:
HUD 184 Loan Program
Credit Reports-Cleaning Them Up
Cheyenne and Arapaho Tribes Down Payment Assistance program-Reggie Wassana

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Cheyenne and Arapaho tribes' R.E.Sp.E.C.T. basketball teams have successful summer

Submitted article

Submitted photo

Jordan Woods goes for the dunk.

The R.E.Sp.E.C.T. program had another successful summer with the kids who came out to be on the summer basketball teams. We had boys and girls team in each age group. Grades five through ten and high school were represented in numerous tournaments throughout the summer and around the region.

The 5th/6th grade girls, coached by Parry RomanNose, started playing in April and had continued success through the month of July. The girls have a bright future as they brought home six tournament championships. Team members include Jayci Bear, Veronica Harjo, Emily Bellymule, Rachelle RomanNose, Rachel Wilson, Jandra Levi, Ramona RedHat and Annie Slinkey, Candace Redhat and Tiara Slinkey.

The 5th/6th grade boys had some early success but due to some of the boys playing other sports we were not able to play as much. They won second place and third place at tournaments in Oklahoma City and won third in a tournament in Piedmont, Okla. Team members include Marcus Blackwolf, Santee Littlebird, Stephen Woods, Tommy Lamebull, Sir Campbell and Cameron Bills. 6th Graders, Christian Wassana, Drew Wassana, Carl Bigfoot, Michael Hall and Nick Smith.

The 7th/8th grade girls competed in tournaments in April and May. They played in some tough tournaments. They competed in the July Jump Off Native American Tournament in Muskogee, Okla. The girls brought home the third place trophy in this tournament. Team members include Lexus Halfred, Shelbie Hulbutta, Jennie Morton, Evana Wilson, Nawakis Black, Alaney Karty, Teresa Blurton and Brandi Bigfoot.

The 7th/8th Grade Boys were one of the most successful teams that the R.E.Sp.E.C.T. program has ever fielded. They started off by winning two championships in Oklahoma City and followed that up with a runner-up finish in Oklahoma City all in the month of April. They won two more tournament championships in Piedmont and Weatherford during the month of May. The first week of June the team traveled to Wichita, Kansas to play in the MAYB Summer Kickoff Nationals. The boys competed hard and finished in a tie for fifth place out of 44 teams from across the U.S. After a long layoff, we won another tournament in Piedmont in the middle of July. Our last tournament was the July Jump Off Native American Tournament in Muskogee, Okla. There were teams from Minnesota, North Dakota and South Dakota represented as well as Oklahoma. The boys played hard but came up short against Oglala Nation, S.D. by a score of 34-30 in the championship. Six of the team members were invited to play in the MAYB Nationals in August with the Oklahoma Heat and they had a sixth place finish out of 49 teams. Team members include Bryon Elledge, Justin Twins, Tanner Brown, Christian Bills, Kyle Gilbert, Josiah Hunter, Michael Jones, Sage Lamebull, Gary Lime, Sheldon Reynolds, Andre Runnels and Montana Stonecalf.

The High School Girls had a strong showing this summer. They made it to the Elite 8 in two National Native American Tournament and got fifth place in another one. The first one was March Madness played in Henryetta, Okla. The girls were 4-0 until going up against the Illusion in the Elite Eight who ended up winning the tournament.

The All West Classic in Denver, Colo. was in the month of April and brought 33 girls teams from across the U.S. The girls finished second in their pool and was awarded the sixth seed. They won their first game in the bracket against the Northern Cheyenne of Lamedeer, MT. In the Elite Eight the girls played the Sisseton-Wahpeton Sioux tribe of Sisseton, S.D. and got beat by a score of 51-39.

In the Native American Basketball Invitational held in Phoenix, Ariz., the girls had another strong showing. After getting second in their pool, the girls opened pool play against the Blackhawks from Gallup, N.M. and lost 57-52.

In the July Jump Off tournament in Muskogee the girls got the seventh seed to open the tournament. The girls played hard in the tournament and made it to the last day of the tournament. They lost to the Basketball Divas from South Dakota to put them in the losers bracket. They were put out by Da Tribe from Konawa, Okla.

The High school boys' team won championships at three of the four Native American National Tournaments. They opened up the season at March Madness where they went 7-0 and beat Oglala Nation, South Dakota by a score of 31-26. Jordan Woods of Kingfisher, Okla., was the tournament Most Valuable Player. It was the first March Madness Championship for the Cheyenne and Arapaho boys in fours years competing at the tournament.

The All West Classic was up next for the boys with 39 teams entered in the boys' side. We played Oglala Nation in the pool play and they beat us 46-39 to put us as the number two seed from our pool. They also beat Lakota Nation, S.D. and Mean Street Express from Montana. We opened up against Salish Kootenai, Idaho in the tournament and won 53-34. In the next game, the quarter finals was against 4 Love of the Game from Henryetta, Okla. They beat our boys by a score of 57-54 in overtime to put our boys out of the tournament with an Elite Eight showing. The boys started playing local tournament in May. We finished second place in Noble and Weatherford. We won first place in three tournaments in Piedmont. During the second weekend of June, we traveled to Wichita, Kansas for the MAYB Summer Kickoff Nationals. The boys finished 13th out of 64 teams.

In July, we made our trip to the Native American Basketball Invitational in Phoenix, Ariz.. In pool play we won against Native Elite from Mesa, Ariz., by a score of 63-49. The next game was against 2009 Runner-up, Native Boyz from Sanders, Ariz. The gym was packed with their fans and the game was back and forth. Raymond Little of El Reno, Okla. hit two free throws with 1.1 seconds on the clock to put us ahead 60-59 and clinch the game. Our last pool play game was against Oglala Nation, S.D.. We had to win to advance to the single elimination tournament. The game was a fast paced game as the score was tied 40-40 at halftime. The scoring stayed at a high pace and Oglala hit a three pointer at the buzzer to tie the game 74-74 to send it into overtime. In the overtime period both teams made big free throws and was tied at 80 to make it go into double overtime. The Cheyenne and Arapaho boys outscored Oglala 8-6 in the second overtime and survived another shot at the buzzer to win the game, 88-86. In the round of 16, we played Maskwacis Warriors from Canada, the game was a close battle all the way and Jordan Woods hit a 15 foot shot to put us up 72-70 with nine seconds left. They had one last shot and the ball bounced off the rim and we advanced to the Elite Eight. In that game we were pitted against Native Hoops from New Town, North Dakota. Native Hoops was coming into the game with a 60-2 record since last summer. The score was tied 32-32 at halftime. The game went down to the wire, Native Hoops was ahead 58-57 with seven seconds left and Jordan Woods at the free throw line. The senior missed both shots but on the second miss, Phoenix Bills got free for the rebound and put it through for the lead, 59-58. Native Hoops missed a desperation shot and we advanced again. The Final Four matchups were Chey-

*See **Basketball**, page 4*

Report to the people

Jan. 1 – June 30, 2010
Date of Award: Jan. 1, 2010
Indian Health Service Contract Number HHSI24620070020-Amount of Award: $743,301.
Contractor Name: Cheyenne and Arapaho Tribes of Oklahoma

PURPOSE OF AWARD: The Cheyenne and Arapaho Tribes Community Health Representative (CHR) Program continues to advocate and facilitate comprehensive health care for the members of the Cheyenne and Arapaho Tribes and other members of other federally recognized tribal members in the service area.

"The purpose of the Community Health Representative Services (CHR) is to be an advocate and facilitator for individuals and families to gain access to comprehensive health care services. The goal is to provide for a continuum of services to the population through health education, case finding, referral, follow-up and provision of support services. The CHR is often the first vital link to assure access to the comprehensive health care system. They serve as facilitators in the implementation of community, family, individual health and treatment plans and provide supporting services designed to enhance the quality of life for the people they serve." – IHS Contract

PROGRAM ACTIVITIES:

The CHR Program continues to hold health screenings in the service area communities. These health projects provided screenings for blood pressure, blood glucose levels, weight, temperature and cholesterol for high risk clients.

The CHR Program supports the Concho Blood Drive in March and conducted the Geary Health Immunization/Health Screening in May. In June, the CHR Program conducted an Elder Care Screening in Oklahoma City, supported the Concho Blood Drive and held a Concho Health Fair.

MEETINGS/TRAININGS:

The CHR Program continues to partner and collaborate with other organizations and to conduct continuous training. Partnerships include the RESPECT Program, OAACHR, CHR staff meetings, Cheyenne and Arapaho Health Board, White bison, National Park Service, CPS Reunion, Oklahoma AIDS Network, Oklahoma State Dept. of Health, Oklahoma Department of Mental Health/Substance Abuse, and ONAAC/AAIP.

COMMENTS:

Some of the CHR representatives continue to struggle with the IHS information system call the PCC (Patient Care Component) which replaced the older CHRIS data information system. The PCC system provides information to the Indian Health Service on specific activities each CHR provides which can be used to monitor activities and categories of CHRs by providing data at a tribal, state, and national level. The national data is used to support requests to Congress for justification of continued annual funding to the Community Health Programs.

Recent staff changes within the CHR program have affected the continued consistency of effort by the CHR program.

Submitted by:
Ladonna Romannose

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Tribal Tidbits

Summer food workers l-r: Lisa Weber-Cook, Logan Guy-Summer Youth Worker, Levi McKinsey-Cook Supervisor and Leah Weber-Cook.

Courtesy photos

Summer WIA youth workers l-r: Levi BigEagle, Logan Guy, Corey Littleraven, John WhiteEagle, Jr.

The Cheyenne and Arapaho Food Distribution Program and the Watonga Public Schools sponsored the Summer Food Program from June 1-July 16, 2010 at the Watonga Middle School cafeteria. The total amount of children served was 3206. We would like to thank the Watonga Community for all their support in making this program a success the third year in a row.

"We had such a great time working with the WIA summer youth workers. We wanted to recognize them for all their hard work. They worked in extreme heat on tailgate sites and did a lot of work on keeping our warehouse and store clean and stocked. They had great attitudes and were a real pleasure to work with. One in particular, Corey Littleraven, never missed a day or was ever late. We would like to wish them the very best in their future endeavors."

The extended family of the late Joseph Cleveland Eades, Sr. and Richenda Aspenall Davis Eades met Aug. 7, 2010 to enjoy family time together.

Some of the family members attended the Oklahoma Indian Nations powwow later in the day.

Eades was an enrolled member of the Cheyenne and Arapaho Tribes.

Eades was the oldest child of Richard David Thunderbird and Nannie Aspenall Davis. Thunderbird was the youngest son of Bull Ear, the primary signatory of the Medicine Lodge Creek Treaty of 1867.

21st Annual Oklahoma Indian Nation powwow 2010 Contest Winners

Tiny tots Girls (Sponsored by Little Miss Princess Miklyn Lumpmouth) 4th place Pricella Littlecalf, 3rd place Lillian Lime, 2nd place Haeli Stevens, 1st place Nivy Yarholar.

Tiny Tots Boys (Sponsored by C-2 Legislator Clifton Ellis) 4th place Merlin Big Medicine, 3rd place Newton Kimble, 2nd place Anselmo Valenzuela, 1st place Jordan Beartrack.

Junior Girls Cloth (Sponsored by Junior Princess Alexis Ortiz-Youngbear) 3rd place Thomasa Montez, 2nd place Brittany Taylor , 1st place Tara Goodfox.

Junior Girls Buckskin 3rd place Maggie Birch, 2nd place Brettnee Beartrack, 1st place Shannon Tapia.

Junior Girls Jingle (Sponsored by C-1 Legislator Bruce Whiteman) 3rd place Summer Leitka, 2nd place Chloe Henry, 1st place Jandra Levi.

Junior Girls Fancy Shawl (Sponsored by C-1 Legislator Bruce Whiteman) 3rd place Kaitlyn Springer, 2nd place Cyann Shadden, 1st place Cosetta Jake.

Junior Boys Grass 3rd place Sage Lamebull, 2nd place Willie RedElk, Jr., 1st place Marshall Reeder.

Junior Boys Traditional 3rd place William Big Medicine, 2nd place Skyler Reyes, 1st place Coltin Shawnee

Junior Boys Straight 3rd place Beady Johnson, 2nd place Littlebear Johnson, 1st place Xander Downing.

Junior Boys Fancy War Dance 2nd place Joe Littlebird, 1st place Justin Townsend.

Women's Golden Age 3rd place Karen Haymond, 2nd place Annette Rice, 1st place Linda Tsonetokoy.

Men's Golden Age 3rd place Gordon Roy, 2nd place Lorenzo Beard, 1st place Terry Tsotigh.

Women's Cloth (Sponsored by Head Lady Gourd Dancer-Lucy Snyder) 3rd place Edwina Whiteman, 2nd place Celia Redbird, 1st place Hauli Warrior.

Women's Buckskin 3rd place Ayekeemah Robedeaux, 2nd place Alva Fiddler, 1st place Erin Yarholar.

Women's Jingle Dress 3rd place Jenny Weryackwe, 2nd place Yvette Goodeagle, 1st place Shema Lincoln.

Women's Fancy Shawl 2nd place Myrna Big Horse, 1st place Michelle Tsosie.

Men's Grass (Sponsored by Sniders Catering) 3rd place DJ Yarholar, 2nd place David Pohleman, 1st place Rob white.

Men's Traditional 3rd place Ernest Big Medicine, 2nd place Cricket Shield, 1st place BJ Haury.

Men's Straight 3rd place Everett Moore, 2nd place Henry Hunter, 1st place Willie Beard

Men's Fancy War Dance 3rd place Cecil Gray, 2nd place Kyle Funmaker, 1st place Graham Primeaux.

Drum Contest: (Sponsored by Lucky Star and Feather Warrior Casino(s) 3rd place Thunderhill, 2nd place Red River, 1st place Red Moon.

Summit

continued from page 1

Photo by Rebecka Lyman

Paul Bickford, American Indian Chamber of Commerce of Oklahoma, president thanks business owners for their part in promoting business in Oklahoma.

gether."

On going throughout the event was business matchmaking that provided companies one-on-one time, training, counseling, key resources, tools and special relationships with many procurement representatives from public, private and tribal sectors.

"I am so pleased that you are here 200 registrars, wow," Neal McCaleb Chickasaw Nation official, said.

"I am filled with admiration to see so many Native American entrepreneurs and I salute you to your faith, your devotion and to your businesses." McCaleb said.

Margo Gray-Proctor, member of the Osage Nation, Deer Clan and president of Horizon Engineering Services Company, suggested a way for tribal concerns to be heard at the state level. She said to establish a cabinet level position with representatives from each tribe.. With regard to the issue Askins said, " her primary concern now is her campaign to become the state's first female governor."

McCaleb's suggestion for an alternative could be for state agencies to form a tribal advisory board.

A new program this year that was formed is a track for Native American arts and entertainment as a business.

The goal is to bring Native Americans who are accomplished in these businesses together with those actively aspiring to enter the business. A few entertainers that attended were Jay Shanker, Litefoot, Delanna Studi, Monica Taylor,, and Steven R. Heape.

To become a member of the AICCO, call (800) 652-4226.

Whiteman heads to Washington D.C.

By Rosemary Stephens, Editor-in-Chief

Photo by Rosemary Stephens

Alden Whiteman, Cheyenne and Arapaho Tribal College Vice-President.

Alden Whiteman, Cheyenne and Arapaho Tribal College, vice-president, receives nomination to serve on the Administration for Children and Families (ACF) Tribal Federal Policy workgroup.

On Aug. 23-24, 2010 Whiteman traveled to Washington D.C. to participate in the newly formed Tribal/Federal workgroup.

The ACF is in the process of developing a Tribal Consultation Policy to help their program and regional offices to better engage Federally Recognized Indian Tribes in the development or revision of policies, regulations and proposed legislation that impacts American Indians.

The workgroup met with Federal officials to review and provide input on a draft copy of the ACF Tribal Consultation Policy. ACF will then present the draft policy to Tribal leaders across the country to receive feedback during the ACF Tribal Consultation planned for Sept. 29, 2010 in Washington, D.C.

For more information on the workgroup, contact Whiteman at (580) 774 3141.

Basketball

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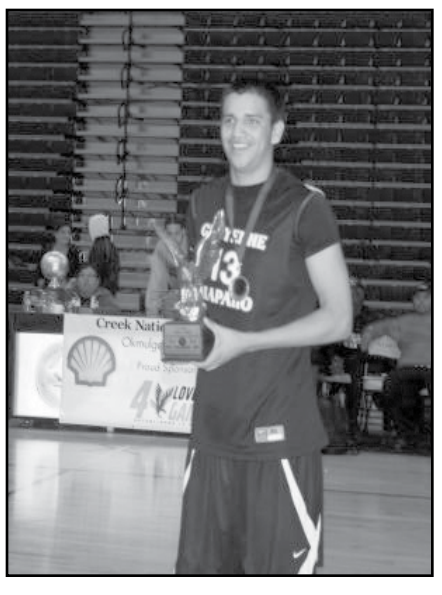

Jordan Woods wins most valuable player throughout summer tournaments.

enne-Arapaho vs. Mean Machine from Chiloquin, Oregon and Warriors from Hollywood, Florida vs. Hoopa Wolfpack from Hoopa Valley, California. Against the Mean Machine, the boys jumped on them early to take a 42-22 lead to halftime. Mean Machine fought back but our boys were too tough as we won 67-62 to put us in the Championship against Hoopa Wolfpack who won 71-62 against the Warriors. Cheyenne-Arapaho boys were up 38-30 at halftime but Hoopa cut the lead to 40-39 but four straight three pointers extended the lead and we never looked back as we won 60-49. Jordan Woods was awarded his second Most Valuable Player trophy of the year as he won NABI MVP. This was the Cheyenne and Arapaho boys fourth championship in seven years in the prestigious NABI tournament.

After a week layoff, we traveled to the July Jump Off Tournament in Muskogee, OK. The first pool games were against Longhorns from McAlester, Okla. and the Florida Seminoles from Ocee, Florida. We won both games by 25 and got the number one seed out of 18 teams. The double elimination tournament started on Saturday and finished up on Sunday. After four wins and no losses in the tournament we were going up against the Oglala Nation team again for the Championship. Oglala had to beat us twice to win the championship. The game was tied 28-28 at halftime. Our boys were tired as it was our fourth game on that Sunday and didn't want to go to another game. We had the ball under our goal with 1.1 seconds on the clock and the game tied at 52-52. The play was drawn up to go to Jordan Woods but A.J. Reyes of Thomas, Okla., was found opened along the baseline and hit the buzzer beater to give us our third National Native American Trophy of the 2010 summer season. The final score was 54-52 and Jordan Woods was awarded his 3rd most valuable player award of the summer. Jordan will be taking his talents to Redlands Community College on a full basketball scholarship next year. He is the eighth player for R.E.Sp.E.C.T. to be awarded a basketball scholarship since 2007 and the 18th player to play for the Cheyenne and Arapaho tribes' basketball teams since 2003.

The R.E.Sp.E.C.T. basketball sign-ups and tryouts for the Spring/Summer 2011 seasons will be held Feb. 27, 2011 at the Clinton Housing Authority gymnasium in Clinton, Okla. More details will come out in early 2011.

Eating well for Diabetes

By Kristie Purdy, MA, RD/LD
C&A Diabetes Wellness Program

Liquid Calories

When controlling diabetes and our weight many of us tend to watch what we eat. However, we may not always watch what we drink. It's important to remember calories and carbohydrates are also in the liquids we drink and they can quickly add up.

The typical medium soft drink from a fast-food establishment contains an average of 210 calories and 60 grams of carbohydrate. How many times do we actually order the medium drink and do not go back for refills? Often times when we place our order we go ahead and value or super-size our drink. Doing so can add an additional 500 calories to our meal and cause blood sugar to spike. While these additional calories may not sound like a lot, let's put them into perspective. Most people need somewhere between 1800 and 2500 calories per day to maintain their weight, so it's easy to see how several sodas, a glass or two of sweet tea, a cappuccino or latte and a beer can add up throughout your day affecting your weight and blood sugar control.

When it comes to hydration, the best thing for your body is plain old water. Water contains no calories, carbohydrates, or artificial flavors. Drinking water throughout the day may also help you to stay full between meals or not be as tempted to eat as much during meals.

Low-fat or fat-free milk and 100 percent fruit juices are loaded with nutrients your body needs making them good drink choices. Just remember these drinks do contain calories and carbohydrates. It's not a good idea to reach for milk or juice when trying to quench your thirst. Too many calories, of even healthy beverages, can result in weight gain. It's important to practice portion control when drinking milk and juice. Try to limit yourself to 2-3 eight-ounce glasses of milk and one 4-6 ounce glass of fruit juice per day. Try to avoid juices containing added sweeteners. Vegetable juice is another healthy option and it contains half the calories as fruit juice does. Try reaching for vegetable juice containing pulp. The more pulp the juice has, the more fiber it contains, which can help to control hunger.

Coffee and tea are also good choices that will not add any calories or carbohydrates to your day. Just be careful as to what you are adding to these beverages. When cream, sugar and milk are used in these drinks, the calories and carbohydrates can start to quickly add up. While these drinks do contain caffeine, they are a much better choices than an energy drink or a soda. Try to limit caffeine drinks to 3-4 eight ounce glasses per day.

Sports drinks and energy drinks are not always the best option. These drinks generally contain as many calories and a carbohydrate as a soda does. They may claim to have added vitamins and minerals, but you should be able to get these added nutrients from many low-calorie foods. While sports drinks can replenish nutrients lost during exercise lasting longer than 60 minutes, the average person does not exercise to a level where they would require a sports drink. Water should be used to replenish fluid needs before, during and after exercise for the typical person. Energy drinks usually contain a large amount of caffeine, which can actually dehydrate a person. The contents in energy drinks are not regulated by the FDA, so you may or may not be receiving the nutrients the drink claims you are.

Be sure to watch your alcohol intake as well. A 12 ounce beer contains about the same amount of calories as a soda of the same size. A 1.5 ounce serving of liquor, such as vodka or tequila, contains about 100 calories. Add this liquor to a mixer, such as soda, and your drink can quickly add up. The average margarita or pina colada can contain as many as 500 calories. Have a couple of these and you can easily drink away your calorie needs for an entire day.

Cutting back on sweetened drinks to save on calories and carbohydrates does not have to leave you unsatisfied. There are many artificially sweetened teas, lemonades and soda which are calorie and carbohydrate free, but big on taste. Just remember liquid calories count too! It's okay to indulge in a surgery drink every now and then, just watch your portion size and try not to make it the only thing you sip on throughout your day.

For more information call (405) 422-7679

Cheyenne and Arapaho Request for Proposal (RFP)

Notice is hereby given that the Cheyenne and Arapaho Tribes will receive proposals for wind energy consultation for a wind energy viability study with regard to the Cheyenne and Arapaho Wind Energy Project.

All submissions will be accepted through the Cheyenne and Arapaho Tribal Environmental office, to the attention of Dwight Parton, 100 Red Moon Circle, Concho, Okla. 73022 until 4 p.m., Sept. 24, 2010.

Proposals submitted after the due date will not be considered. Consultants accept all risks of late delivery of mailed submittals regardless of fault.

The Cheyenne and Arapaho Tribes reserve the right to reject any and all submittals and to waive irregularities and informalities in the submittal and evaluation process. This RFP does not obligate the Tribes to pay any costs incurred by respondents in the preparation and submission of their qualification submission. Furthermore, the RFP does not obligate the Tribes to accept or contract for any expressed or implied services.

It is the Cheyenne and Arapaho Tribes' policy to assure that no person shall, on the grounds of race, color, national origin or sex, as provided by Title VI of the Civil Rights Act of 1964, be excluded from participation in, be denied the benefits of, or otherwise discriminated against under any of its federally funded programs and activities.

The Tribes are committed to a program of equal employment opportunity regardless of race, color, creed, sex, age, nationality, disability or sexual orientation. The successful consultant must comply with the Cheyenne and Arapaho Tribes' equal opportunity requirements.

All proposals must include estimated cost and time to complete, past performances and product samples from previous assignments. Each company must have five or more years experience with wind energy consulting and development, experience working with tribal, municipal and regulatory entities and possess three past performances with references.

All proposals must include a cover letter/statement of interest indicating the company's interest in the project, highlighting its qualifications to perform the project. A summary of the respondents experience in requested service areas, statement of qualifications, including related experience with similar types of projects and specific qualifications or resumes of key personnel, scope of work, including proposed schedules, deliverables, deliverable dates and milestones. Three past performances and examples of similar projects and must be limited to ten pages front and back.

For any questions regarding this request for proposal email Melvin Romannose at mromannose@c-a-tribes.org.

Unauthorized contact regarding this RFP with other Tribes, tribal employees or outside contacts may result in disqualification. Any oral communication will be considered unofficial and non-binding on the Tribes.

RFP schedule is as follows: Release date, Aug. 20, 2010, Vendor questions, Sept. 3, 2010, proposal responses due Sept. 24, 2010, contract awarded Oct. 11, 2010 (requires Tribal Council approval).

Fulfilling dreams

Submitted article

Courtesy photo

Jackie Warlick is an employee with the Cheyenne and Arapaho tribes' Housing Authority in Clinton, Okla.

My name is Jackie Warlick and I just completed my Associate in Arts Degree in Business Administration from Redlands Community College in El Reno, Okla.

The first thing I would like to say is thank you. I could not have accomplished this goal without the help and support of the Cheyenne and Arapaho tribes' education department of the Cheyenne and Arapaho Tribes and my Executive Director, Reggie Wassana.

I have been enrolled at Redlands Community College since the spring of 2007. Sometimes as a full-time student and other times as a part-time student, but always as a full-time employee working 40 hours a week at the Cheyenne and Arapaho Housing Authority.

I have never in my life thought I would graduate from college, whether it be a two year college or a four year college, it was college and it scared me. Then one day I faced that fear, took the placement test, and the next thing I knew I was enrolled at Redlands and on my way to a degree.

During the last three years I have learned that if you don't believe in yourself and your abilities, there are people that believe in you and they are always there to help you see things about yourself that you don't. In my life those people are my husband, my children, my grandchildren, my sisters, and one particular person at the Education Department that would like to remain anonymous.

Working a full-time job and attending college full-time or part-time is something you can also do. I would like to encourage all tribal members to take advantage of the education department our tribe provides. It's a wonderful program for all tribal members, no matter what age you are.

Due to working a full-time job it has taken me longer than most to complete my degree, but the final out come is still the same, I did it! With the encouragement from my family, my employer, and the person at the education department I have decided to continue my education and hopefully someday obtain my bachelor's degree.

Now it's your turn. Call the Cheyenne and Arapaho tribes' education department and find out how you can obtain your degree as well.

Cooking with commods

Applesauce Spice Cookies

Makes 3 dozen cookies
1 cup raisins
1 cup canned applesauce
1 cup brown sugar
½ cup shortening
2 tablespoons egg mix + ¼ cup water (or 1 egg)
2 cups all-purpose flour ½ teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon nutmeg
¼ teaspoon ground cloves
1 cup chopped nuts

1. Preheat oven to 350ºF.
2. Mix raisins with applesauce, set aside.
3. Beat sugar and shortening, add egg and beat until fluffy. Stir in applesauce/raisin mixture.
4. Sift dry ingredients together and then add to wet mixture. Stir in nuts.
5. Drop by teaspoonfuls on cookie sheet.
6. Bake 15 minutes at 350ºF.

Cheyenne & Arapaho Tribes of Oklahoma Head Start Program

The Cheyenne and Arapaho Head Start Program Concho Center is now accepting applications for the 2010-2011 school year.

The Head Start Program is a comprehensive Child Development Program that is designed to promote high quality services and provide a range of individualized services in the area of Education, Early Childhood, Medical, Dental, Mental Health, Nutrition and Parent Involvement. Head Start Services are responsive and appropriate to each child and family's development, Ethnic, Cultural and Linguistic experience.

Eligibility Requirements:
3 years old to 5 years old – must be 3 years old by September 1, and turn 5 years old after September 1.

For Application to be processed, the following must be attached:

a) Copy of Child's Birth Certificate
b) Copy of Child's Immunization Record
c) Copy of Child's Social Security Card
d) Copy of Child's Health Insurance card
e) Income Verification
f) If the Child has Special Needs. Documentation Attached.
g) CDIB (If Applicable)

Head Start provides transportation to and from the Head Start Center in a 25 mile radius in service area. Includes Concho, El Reno, Kingfisher, Okarche, Geary and Calumet.

Certified Staff, Age Appropriate Curriculum, Certified CDL Bus Drivers, Nutritious Meals-Breakfast and Lunch, Cultural Activities and Field Trips.

The Cheyenne and Arapaho Head Start Program follows Federal Guidelines and local Department of Human Services requirements. The Head Start Program does not discriminate against: Race, Color, Sex, National Origin or Disabilities.

For enrollment packet or more information call Leanna Balbuena, Center Supervisor or Rachel Morales, Family Services Coordinator at (405) 422-7647 or (405) 422-7645.

George Hawkins Memorial Treatment Center

10320 North Airport Road, Clinton, OK 73601

The Substance Abuse Program can be contacted at (580) 331-2370 or by dialing toll free (800) 247-4612 extension 32370.

For information by e-mail, contact Nicolas Barton at nbarton@c-a-tribes.org or Director Harold Spradling at hspradling@c-a-tribes.org.

COME PLAY WITH THE WINNERS!
FEATHER WARRIOR Casino
An Enterprise of the Cheyenne & Arapaho Tribes

CANTON
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145 Games Including
VGT, AGS, IGT, Multimedia
Mon-Wed 10 a.m. - 4 a.m.
Thur - Sun Open 24 Hours
WARRIOR Deli & Grill

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Watonga, OK 73772
(580)623-7333
179 Games Including
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Fri-Sun 10 a.m. - 2 a.m.
REDSTONE CAFE

Must be 18 or older. Responsible Gaming Is Our Game.
For help, please call the Problem Gambling Helpline 1-800-522-4700
©2010 Feather Warrior Casino

BRIEFS

Indian Country Human Resource Certification

Sept. 13-17, 2010 at the Choctaw Casino in Durant, Okla. Register at www.falmouthinstitute.com.

Construction Inspection for Tribes and Tribal Organizations

Sept. 14-15, 2010 at the Prairie Wind Casino in Pine Ridge, S.D. For more information or to register visit www.falmouthinstitute.com.

The National Indian Health Board's 27th annual Consumer Conference

Sept. 20-24, 2010 at the Best Western Ramkota Hotel in Sioux Falls, S.D. For more information or to register visit www.nihb.org.

The tenth annual Native American Business National Procurement Conference and Golf Outing Networking Event

Sept. 20-21, 2010 at the Marriott in Detroit, MI. For more information or to register visit www.native-american-bus.org.

Environmental Protection Agency Region eight Wetland Program Capacity Building Workshop

Sept. 21-24, 2010 in Bozeman, Mont. For more information visit www.nationaltribalwatercouncil.org/events.htm.

Academic Excellence Workshop

Sept. 23-24, 2010 in Tulsa, Okla. For more information call (800) 458-8071 or visit www.stcstt.com.

Mid Year Native Secretaries' Conference

Oct. 6-7, 2010 in Albuquerque, N.M. For more information visit www.dciamerica.com.

The fourth annual Native American Economic Development Conference in conjunction with the III Annual Renewable Energy Projects in Indian Country Conference

Oct. 6-8, 2010 at The M Resort Spa and Casino in Las Vegas, Nev. For more information or to register visit www.nativenationevents.org.

The National Indian Education Association's 41st annual Convention and Tradeshow

Oct. 7-10, 2010 in San Diego, Calif. For more information or to register visit www.niea.org/events/overview.pho.

Indigenous Language Institute Conference-Native American Terminology Development

Oct. 11-12, 2010 at the Hard Rock Hotel and Casino in Albuquerque, N.M. For more information or to register visit www.ilinative.org/conference.

The National Indian Gaming Mid Year Conference

Oct. 19-20, 2010 at the Mystic Lake Casino and Hotel in Prior Lake, Minn. For more information or to register visit www.indiangaming.org.

The National Congress of American Indians' 67th annual Convention and Trade Show-Strong Tribal Nations, Strong America

Nov. 14-19, 2010 at the Albuquerque Convention Center in Albuquerque, N.M. For more information or to register visit www.ncai.org.

Talking Circles-Quitters Corner

Submitted article

Courtesy photo

Pat Smothers now calls herself a non-smoker.

Congratulations are in order for Pat Smothers who is free from commercial tobacco.

Smothers works for the Cheyenne and Arapaho tribes' Vocational Rehabilitation in Clinton, Okla. Smothers attended the talking circles focus groups and made a decision to quit smoking. She credits the talking circle focus groups with giving her the push she needed to quit.

Smothers had been a smoker for over 40 years. At one time she smoked two packs a day. After attending the focus group, she decided to taper off and was down to one pack a week. Smothers is proud to say that she has been smoke free for over four months. She was able to get medication from the Indian Health Service that helped her to quit smoking.

Within a month Smothers said she could tell the difference in her breathing. She was able to negotiate walking up a hill without getting winded and she is able to enjoy her food more as it tastes a lot better. She said her tootsie roll pop has taken the place of a cigarette.

When Smothers smoked she said she never noticed the tobacco smell on her clothing or on other people but now she can tell if a person has been smoking.

To learn more about quitting smoking and be free of the commercial tobacco habit contact the Cheyenne and Arapaho tribes' Health Education Program at (405) 422-7674 or (405) 422-7676. Or contact the 1-800-QUIT NOW help line. They have counselors who are willing to work with people interested in quitting smoking and will provide nicotine gum or patches.

Congratulations to Pat Smothers who is now a member of the Cheyenne and Arapaho Tribes Quitter's Corner.

Cheyenne and Arapaho tribes'Department of Enrollment

ADDRESS CHANGES

As most tribal members may have personally experienced, there were some HUGE issues with incorrect addresses on the gaming revenue per capita checks. The Department of Enrollment would like to apologize for this problem and assure tribal members of our diligence in attempting to remedy what has become a colossal task.

For over two years, Per Capita has had absolute control of address changes for tribal members. Early in the year, the new analysts in Per Capita decided it would be fitting for Enrollment to have this same information. Oblivious to the task they were undertaking, Enrollment attempted to encode information from over 12,000 tribal members from Per Capita's database to that of our own. Unfortunately, not everyone was able to be updated and a report was generated from our database (with some addresses updated and others not). Enrollment is continuing to share information with Per Capita to ensure our respective program information corresponds with each other.

Until a way to centralize information is obtained, this will continue to be an issue when navigating from program to program at the tribe; but until then—please submit address changes for per cap payments with the Department of Enrollment. You can use the website to access the Change of Address form and W-9—both will be forwarded to Per Capita. Please feel free to visit our office for the forms, as well. Keep in mind this information might not be shared with other programs you may utilize. If you move, please inform all the programs you use at the tribe, including the *Tribal Tribune* so you can be kept informed of current events.

We extend our most sincere apologies for these events.

IF YOUR NAME APPEARS ON AN UPCOMING LIST TO BE PUBLISHED IN THE *CHEYENNE AND ARAPAHO TRIBAL TRIBUNE*, ENROLLMENT NEEDS TO HEAR FROM YOU. PLEASE WATCH FOR THE LIST IN NEXT MONTH'S ISSUE!

Envisioning the Future of the
Tsistsistas & Hinónóéí
Comprehensive Plan
2010 Student Art Competition
Award Presentation
& Booth
Saturday Evening, Sept. 4, 2010
Colony Labor Day Celebration
Students Please be in attendance to claim your award
Cultural Art Studio Program II
Sunday Sept 5, 2010
Project one 11a – 12p
Lunch served from 12p- 1p
Project two 1p - 2 p
Art Contestants are invited and encouraged to attend the studio workshop
Sponsored by RESpECT and presented by Edgar Heap of Birds
The Theme
Envisioning the Future of the Tsistsistas & Hinónóéí
Creating a Plan Based on the Voice of the Tsistsistas & Hinónóéí

CATI TRAINING CENTER

Canadian Square
Shopping Center
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CATI Training Center Offers:
Open Lab
Training in:
Microsoft Office 2003, Word, Excel, Access, Power Point, Microsoft Office 2007, Word, Excel, Access, Power Point.

Catching a Dream.....
Cheyenne and Arapaho
Training Center
Technology and Innovation

Call (405) 262-1906 or (405) 422-7638, or drop in.

PUBLIC NOTICE

The Social Services Department is announcing that the 2011 Community Service Block Grant Program plan is available for Public Review and Comments.

The Social Services Department is announcing that the 2011 Low Income Home Energy Assistance Program (LIHEAP) plan is available for Public Review and Comment.

Please inquire at the Social Services Department located at the Cheyenne and Arapaho Tribes' Tribal Complex in Concho, Okla.

Submitted by Michael Kodaseet, Speaker of the Third Legislature

To: Governor Janice Prairie Chief-Boswell, Lt. Governor Leslie Harjo, Chief Judge Bob Smith, Cheyenne and Arapaho Supreme Court Justices, Court Clerk, Patty Bell and Attorney General, Charlie Morris

Re: Legislative Order for Nomination/Confirmation of Supreme Court Justices

Please find attached the four Legislative Orders dated August, 6, 2010 denying confirmation of all Four Supreme court Nominees:

1. Mary Daniel, Supreme Court Justice:
Legislative Order 3L-LO-N-2010-OM1-08-01, dated 8/6/2010. Confirmation Denied.
2. John G. Ghostbear, Supreme Court Justice:
Legislative Order 3L-LO-N-2010-OM1-08-02, dated 8/6/2010. Confirmation Denied.
3. Daniel Webber, Supreme Court Justice:
Legislative Order 3L-LO-N-2010-OM1-08-03, dated 8/6/2010. Confirmation Denied.
4. Jennifer McBee, Supreme Court Justice:
Legislative Order 3L-LO-N-2010-OM1-08-04, dated 8/6/2010. Confirmation Denied.

All four Nominees for Supreme Court Justice Seats did not specify which seat each Nominee would be replacing as per requested by the Legislature to the Governor's Office when Nominations were made. All future Nominees should specify the individual the Nominee is nominated to replace. The Legislature would like to consider Nominees fully for the position they are nominated to fill and cannot do so without this crucial information. Without being fully informed such a decision could put the Judicial Branch in an uncertain state of which the Legislature will not promote as it would be uncertain to which confirmed Nominee would replace which Justice on the Court. The Legislature seeks to work with the all branches of Government to make sure selections of new Supreme Court Justices are made properly and according to procedure and without hindering the functioning of any other Branch of Government in doing so. We invite the Governor to make new nominations for the available seats of Supreme Court Justice with the required information at which time the Nominees will be considered once again. Until that time the Legislature will continue to support the legitimacy of the current Supreme Court Justices who are duly recognized by our Constitution and through numerous Court opinions.

Events CALENDAR

Birthday Dance for Melvin R. Miles

Supper at 5:30 p.m. Sept. 3, 2010 at the Concho Community Hall in Concho, Okla. Gourd dance to follow. Sponsored by Karen Miles and sons. For more information call (405) 905-9397.

Smokey Robinson Concert-Lucky Star Casino-Concho

Doors open at 7 p.m., concert at 8 p.m., Friday, Sept. 3, 2010 at the Lucky Star Casino in Concho, Okla. For more information or for tickets call (405) 262-7612 or visit www.luckystarcasino.org.

The third annual Cheyenne and Arapaho Tribal College Commencement Ceremonies

Starting at 10 a.m., Saturday, Sept. 4, 2010 at the Colony powwow grounds in Colony, Okla.. Lunch immediately following ceremonies.

Lucky Star Casino-Concho C3 Fights

Saturday, Sept. 4, 2010 in the event tent at Lucky Star Casino in Concho, Okla. For tickets or more information call (405) 262-7612 or visit www.luckystarcasino.org.

The 47th annual Ottawa Tribal powwow

Sept. 3-5, 2010 at Adawe Park in Miami, Okla. For more information call (918) 540-1536.

Cherokee National Holiday

Sept. 3-5, 2010 in Tahlequah, Okla. For more information call (918) 453-5536 or visit www.holiday.cherokee.org.

The Colony Labor Day Powwow

Sept. 4-6, 2010 at the Colony powwow grounds in Colony, Okla. For more information contact Karen LittleCoyote at (405) 371-4052 or Carol Whiteskunk at (405) 200-5721.

The 42nd annual Seminole Nation Days

Sept. 10-19, 2010 at the Mekusukey Mission in Seminole, Okla. Seminole Nation provides free concerts, carnivals, and cultural events throughout the week and are open to the public. Other events include an art contest, fishing derby, banquet, princess pageant, cultural events, parade, and sports competitions. A free traditional dinner is also provided. For more information visit www.seminolenation.com or call (405) 257-7200.

Oklahoma Indian Summer

Sept. 17-19, 2010 at the Bartlesville Community Center in Bartlesville, Okla. For more information call (918) 331-0934.

Standing Bear powwow

Sept. 24-25, 2010 at the intersection of Highways 60 and Old 177 in Ponca City, Okla. For more information call (580) 762-1514.

Cheyenne and Arapaho tribes' Veterans powwow

Oct. 1-3, 2010 at the Canton Powwow grounds in Canton, Okla. For more information call David Ramos at (580) 284-9674.

The Drum Awards-Recognizing Native American Excellence

7 p.m., Monday, Nov. 1, 2010 at the Choctaw Casino Resort in Durant, Okla. For table reservations contact drum.awards@cnent.com or for more information visit TheDrumAwards.com.

Benefit Gourd Dance for Native American Warriors Society

Nov. 13, 2010 at the Central High School, 3101 W. Edison in Tulsa, Okla. For more information call Yvonne or Dwayne Cahwee at (918) 946-8024.

LINE DANCE CLASSES

Tuesdays and Thursdays
3:00pm-4:30pm
Geary Community Hall
Beginning Sept. 7, 2010
Dates: Sept. 7, 9, 16, 21, 23, 28 and 30, 2010
(Complete application-Par Q-Waist Measures)
(Ht.,Wt., Optional)

Cheyenne and Arapaho Health Education Program
For more information call Deborah Ellis at (405) 422-7674 or Margie Deer (405) 422-7676
COMING SOON: Line Dance Classes in Clinton
Watch the news for information!
GET ACTIVE-HAVE FUN-GET HEALTHY

The Domestic Violence program services Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham and Roger Mills counties.

Women Are Sacred

The Cheyenne and Arapaho tribes Domestic Violence Program provides

Counseling for Native American women, including the elderly, who have been involved in domestic abuse, sexual assault or stalking.

Advocacy in obtaining victim's protective orders and referrals to agencies that may be of assistance to them.

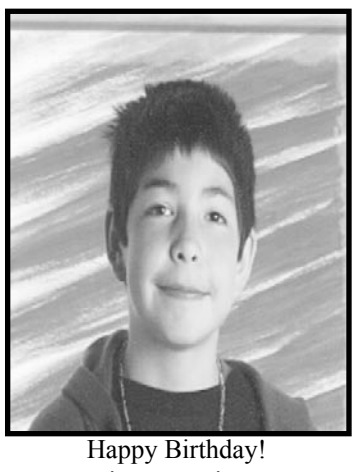
Support for clients and their families while in crisis.

For more information or help call (405) 422-7692-office or toll free (800) 247-0345 ext. 27692

This project is supported by Grant No.2209-TW-AX-0039 awarded by the Office on Violence Against Women, U.S. Department of Justice

Happy Birthday

Happy 1st Birthday
Morning Dove Quezada
Sept 8
We wish you the best birthday ever and many more to come!
from your mom, sister, Elena and dad



Happy Birthday!
Tristen D. Limpy
(son of the late Zack Limpy)
may God bless you with many more blessed birthdays
my Georgia Cheyenne grandson!
Keeping you in my prayers!
I love you so very much
grandma Leona
Romans 8:28

Happy Belated Birthday
Kay Kay
love always momma, dad, Chey, Vanners, Treyball, your cousins, aunts, uncles grandma's and grandpas
Love you princess!

Welcome home beautiful!!
Ms. Faith Keaton we've been expecting you
"lil momma".
Thank you for being with us, filling our hearts with pride and a love that will forever be, so Happy Birthday Ms. Faith!!
love always momma, Mel Mel, Stormy, Tip, Qwedo, TinO, Kaleb, Reign, and the Keaton, Powell, Cole and Daukei families, Love you babe! T.K.

Happy Birthday!
Seth D. Tiger
May God bless you with many more blessed birthdays
Thank you for my lawn
I really appreciate your help!
Keeping you in my prayers
I love you so very much
grandma Leona
Romans 8:28

To my lil brother
Happy C-day Mr. Arness

Know we love you always, miss and stand by you through hard times regardless of your choices.May this day always bring happiness as you bring us happiness.

Love you bro your uncles Pone and ChinO said Rollin and keep ya head up 2 and 1 up!
RC, Lady Blue Bird, Lady Fate, grandma, you know the families.

A special love between us

I was only 22 at the time and
didn't know what to do
I actually had no clue but we decided
that we wanted to se you
As time went by and you grew inside
of me I just knew that
you were going to be special
Now it's time for my little angel to see
the world. Now it's time for
me to be a mom
I cried and cried tears of joy to be a
mom to this little one, ten little fingers
ten little toes ,one big smile
My heart never had so much love for
someone that I knew nothing about.
As you grew older
and I learned about you
I think back to the day I had you
Now you are going to be 8 and you are
getting smarter, just never
forget that things will get harder
and that mommy
will always be there
we may have our time of
arguments and disagreements but
in the end we will work through
it. Just remember that not only
can I be your mom, I can also be
your best friend in the end. Don't
get worried that you'll never
have anyone to talk to cause right
next to you is where I always be
holding my arms waiting for my
little angel to come into my arms
just as you were born. I love you
more than words can express
I never thought that in a million
years I could be a mother
I enjoy every moment
of you in my life never will
I regret the decision that
I made to have you you are the
colors to the rainbow the light to
the moon he twinkle to the star
and smile to my face

I love you with all my heart
mommies little girl

Happy Birthday
Christa Limpy
May God bless you on your special day! You are my miracle baby girl and I Praise the Lord for blessing me with you these 8 years. May you be blessed and prosper for many more years. You are grandma's " lil helper"
I love you so much!
grandma Leona
Romans 8:28

To all my grand babies
Christia D. Gruzman
Christa Limpy
Tristen D. Limpy
Eliaz (Pookie) Limpy
Janae Andrea Limpy
Samantha Tiger
Seth Tiger
Shevella Tiger
Beth LittleBird
Sancha LittleBird
Time to get ready for school! praying that the Lord will keep you all safe and well!
Make A's and B's!!
May God bless the each of you! I love you all!
Grandma Leona
Romans 8:28
I am blessed and highly favored grandma!
Thank you –my babies

Happy Birthday from your kids and grandkids. Love you lots!.. you're the best!

Happy Belated Birthday's
To my oldest and coldest
Keanu, Keifer, Kobe,
Kyra, and bringing up the rear
Kameron,
I miss each and every one of you very much I love you all.
I have a lil more time to be away love dad.

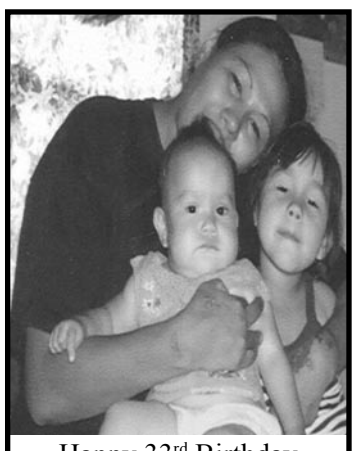
Happy Birthday

Happy Belated Birthday

July 5 to my dad Clearance Webster (lil JR)
Love ya and miss ya very much your son
Johnny Webster

HAPPY BIRTHDAY

Happy Belated 1st Birthday
To our precious boy named Donavon Matthew Screechowl
On Aug 20,2009 to
Alicia Screechowl
and Robert Franklin.
We can not believe a year has passed already. Just watching you grow everyday makes us love you more each and everday and very proud to have you in our lives.
With much love your great grandma-Charlen Bankus-grandma-Jan biedo Kaniatobe-auntie Angie-uncle Chuck and your extended family



Happy 33rd Birthday
Marion Redbird Sept 16
from your daughters
Dove and Elena
We love you mom!

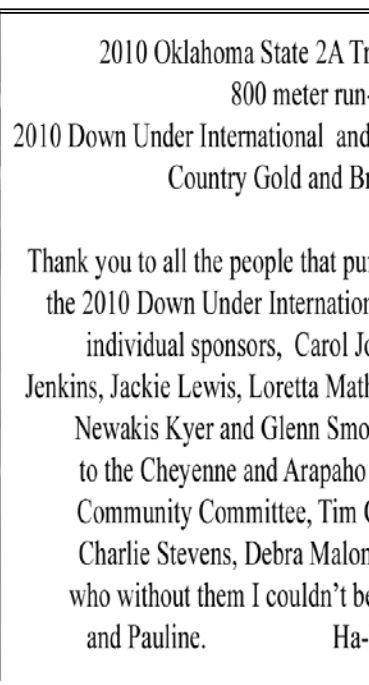
HAPPY BIRTHDAY

Happy 70th Birthday
Carol Rice Sept. 6

Happy Birthday
Tatyana "NaNa' and many more! Thank you for your beautiful smile and laughter you give us everyday moma. Love always Traebone, DJ, your cousins Pooh,Regi, Ne-Ne, Vonne, Penny, Pebbles Pookie, lil I, Vanners, Chey, Kay Kay, momma, uncles and aunts, grandmas, grandpas
Love you babe R.C.

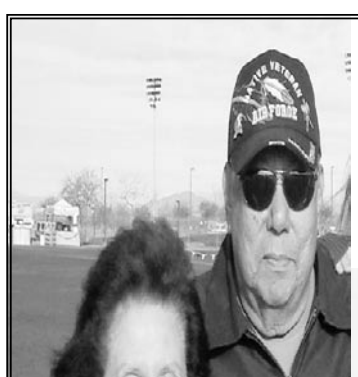
Thank You

The family of Naomi White Crow would like to thank Alicia and Jeff Taylor for the headstone they purchased for Naomi's gravesite.
Kala White Crow, Augustine Red Hat and Wanada and Luther Red Hat



2010 Oklahoma State 2A Track Champion in the 800 meter run-1.57.00
2010 Down Under International and National All American Cross Country Gold and Bronze Medalist

Thank you to all the people that purchased a raffle ticket toward the 2010 Down Under International races. Thank you to the individual sponsors, Carol Johnson, Rev. Geraldine Jenkins, Jackie Lewis, Loretta Mathis, Diane Hawk, Mary Horn, Newakis Kyer and Glenn Smoker. A special thank you to the Cheyenne and Arapaho Tribes, Watonga Indian Community Committee, Tim Curtin, Rev. Carle King, Charlie Stevens, Debra Malone and my grandparents, who without them I couldn't be what I am today, James and Pauline. Ha-Ho! Nigel C. Hampton



The Lumpmouth family would like to recognize Marshall and Wynona Lumpmouth on their "50th" wedding anniversary. On September 1, 1960, Wynona Brokeshoulder (Shawnee/Choctaw) and Marshall Lumpmouth (Cheyenne/Arapaho) got married in Phoenix, Arizona; where they raised four children: Darrell, Eric, Marchelle, and Glenda Lumpmouth. They currently have four grandchildren Tricia Frizzell, Robert Frizzell, James Webster, Angelica Lumpmouth and a new granddaughter on the way.

Congratulations mom and dad,
love your children and grandchildren.

Preparing for annual celebrations often proves to be time consuming; requiring tireless efforts of several people and programs. This year in preparation for Oklahoma Indian Nation powwow several programs were instrumental in getting the celebration site ready for thrill and excitement; enjoyed by many.
The Culture and Heritage Program would like to give a warm, heartfelt thank you to the following for helping to ensure a successful event:
Culture and Heritage, Elsie Sage and Hunter Stewart Economic Development, Chester Whiteman, William Beard, Jerry Woods and Paula Levi
Laborers (there were several Eco Devo laborers, several of which we cannot name, but you are appreciated; your efforts are commendable!)
Department of Administration, Trish Hernandez and Eddie Hamilton Procurement, Virginia Reyes
Department of Finance, Rebecca Risenhoover, Shawn Bert and Jane Cometsevah
Operation and Maintenance, Michael Lamebull, LaVonda Snelling, Edward Sage and Ryan Campbell
If there is anyone we failed to mention, please know we are thankful for your time and efforts as well.

Thank you

I want to thank all the people that supported me at the American Indian Exposition in Anadarko,OK.
Culture and Heritage ,Lucky Star Casino ,my director Charlene Wassana ,Gladys Nowlin ,
Angie Newcomb owner of Pink Zebra in Clinton,
All of my moms co-workers at the Clinton Indian Health Clinic , and all of my family.
It was a great experience for me to accomplish and
I couldn't have done it without all your love and support.
Ha-Ho, 2010 Cheyenne Princess
Abigail Reynolds

Thanks

The family of Samuel C. Hart (Mâhpevaôhtameohtsastse) thank you for the visits during his time in the hospital, and appreciate the prayers, gifts, thoughts and kindnesses expressed toward him and the family. People from all periods of his life have shared their individual memories of him and, together as a group, reflected the variety and breath of his life's journey. He lived the life he wanted to live. While White Antelope said, "Nothing lives long, except the earth and the mountains," Sam's/Dad's stay with us was not long enough.
Chapel service will be Tuesday, October 5, 2010, 3:00 pm at the Fort Meyer Chapel, Arlington National Cemetery, Washington, D.C., with military honors followed by inurnment in the Cemetery's columbarium.

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: eolguin@c-a-tribes.org

Fence Crew/Laborer
Economic Development
Closing Date:Continuous

QUALIFICATIONS:

Dependable, physically fit and able to lift a minimum of 75 lbs. or more. Knowledgeable in operating farm equipment. Willing to work until daily tasks are completed. Must be able to work on an on-call basis. High school diploma or GED required and valid Oklahoma driver's license

SALARY: Negotiable

Caseworker IIM
Social Services
Closing Date: Sept. 7, 2010

QUALIFICATIONS:

Prefer bachelor's degree in social work or related field or an equivalent combination of education and experience. Require two years of experience in professional related field and supervisory experience. Ability to work flexible hours and willing to work other hours including after 5 p.m. Must understand and strive to implement the program's goal, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference applies.

SALARY: Negotiable

Laborer
Economic Development
Closing Date: Continuous

QUALIFICATIONS:

Ability to accept immediate employment. Ability to lift a minimum of 75 lbs. Ability and knowledge to operate light weight equipment. Must be physically fit to withstand various types of manual labor. Prefer knowledge of landscaping- planting flowers and shrubs. Must have stable work history, be dependable and conscientious. Must have knowledge in performing general repair duties. Must have painting experience. Must submit to a background check. Must have high school diploma or GED. Must have current driver's license.

SALARY: Negotiable

Education Outreach Director
Education Department
Closing Date: Sept. 3, 2010

QUALIFICATIONS:

Bachelor's degree in education or related field preferred or an equivalent combination of education and experience substituting two years of experience in teaching for each year of the required education. Experience working with Native American populations. Exceptional organizational skills preferred. Knowledge of current eclectic learning styles, principles of teaching, and development of instructional plans desired. Strong math and science background. Maintain professionalism and facilitate a cohesive work environment. Must possess basic computer knowledge and be proficient in MS Word, MS Works, and Excel.Must possess a current Oklahoma driver's license including a clean driving record for insurance purposes. Ability to pass an OSBI background check and drug screening. Must be able to work flexible hours including weekends and holidays. Must be willing and able to perform related travel normally associated with this position. Cheyenne and Arapaho tribal preference.

SALARY: Negotiable

Cheyenne and Arapaho Tribal College
100 Campus Drive,
Weatherford, OK 73096
Phone: (580) 774-3742
Fax: (580) 774-7085
E-mail: catc@swosu.edu

Nutrition Aide
Seasonal
Closing Date:Until Filled

QUALIFICATIONS:

Knowledge of basic food preparation and sanitation. Ability to work independently with little or no supervision. Ability to communicate effectively with clients and community groups. Ability to write effectively and complete reports in a timely manner. Knowledge of basic computer software. Must be over 18 years of age. Must have high school diploma or equivalence. Must have a valid state driver's license. Prefer degree in a related field or equivalence of combined health and nutrition experience. Cheyenne and Arapaho preference.

SALARY: Negotiable

Child Protection Worker
Social Services
Closing Date: Until Filled

QUALIFICATIONS:

General knowledge of the principles, concepts and methodologies of working with this type of population. Prefer bachelor's degree in related field that affords the employee with the general knowledge required above. Will accept a combination of education and related experience. Knowledge of various laws, regulations and procedures including the Indian Child Welfare Act and the CFR Court procedures in order to effectively provide services to clients. Knowledge of tribal and community resources to refer clients to the most appropriate source of assistance. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho tribal preference applies.

SALARY: Negotiable

Adult Protective Services
Social Services
Closing Date: Sept. 7, 2010

QUALIFICATIONS:

General knowledge of the principals, concepts and methodologies of working with this type of populations.Prefer Bachelor's degree in related field that affords the employee with the general knowledge required above. Will accept a combination of education and related experience. Knowledge of various laws, regulations and procedure including the CFR Court procedures in order to effectively provide services to clients.Knowledge of tribal and community resources in order to refer clients to the most appropriate source of assistance.Possess communication skills, written and oral, to relate to Indian and Non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately.Must possess a current Oklahoma Drives License to operate a government owned vehicle.Refer knowledge of Cheyenne and Arapaho/Native American cultures and values.Ability to work with difficult clientele with various social problems and/or needs.

SALARY: Negotiable

Assistant Director
R.E.Sp.E.C.T.
Closing Date: Until Filled

QUALIFICATIONS:

Must possess a high school diploma/GED; AA degree preferred or four years of work experience in related field or its equivalent; must be willing to further education (associates or bachelors degree); must receive and maintain CPR/First Aid Certifications; knowledgeable about the Cheyenne and Arapaho people, communities, traditions, culture and customs; possess a valid Oklahoma Driver's license; TERO applies (Cheyenne and Arapaho Tribal Preference); and must pass a background check.

SALARY: Negotiable

SWOSU
Southwestern Oklahoma State University

Grounds worker, Full-time Temporary, Physical Plant, Position 11-S018

Basic reading, writing and mathematical skills required. Previous landscaping or grounds experience and/or training or acceptable equivalent experience; knowledge and experience with proper watering and fertilizing techniques, planting of trees, shrubs and grass; and basic knowledge of pruning and foliage trimming and care preferred. Submit completed Application for Staff Employment to: Office of Human Resources, SWOSU, 100 Campus Drive, Weatherford, OK 73096 or fax application material to (580) 774-6582. Application for Staff Employment is available at the Office of Human Resources, Administration Building, Room 101, or on-line at www.swosu.edu/resources/pubforms/DisplayMedia.aspx?pid=38. For additional information visit www.swosu.edu.Southwestern Oklahoma State University is an AA/EEO employer and encourages applications from minorities and women.

TRIBAL COUNCIL COORDINATOR CHEYENNE AND ARAPAHO TRIBES CLOSING DATE: SEPT. 2, 2010

The Coordinator will be employed directly by the Tribal Council. The main duties of the Coordinator will be to accept proposed Resolutions and petitions from Members of the Tribe to be placed on the agenda of upcoming Special and Annual Tribal Council meetings and to otherwise assist the Tribal Council in holding meetings and keeping records.

According to the Constitution, anyone who is interested in applying for the job of Coordinator of the Tribal Council must submit an application. All applications for the jobs of Coordinator will be published 30 days prior to the Annual Tribal Council meeting where the Coordinator will be selected. The Tribal Council will make the final selection of the coordinator.

Bachelor's degree in business administration preferred, or three years experience in managing a Federal program. Must be a Cheyenne-Arapaho Tribal member with experience in managing Tribal or Federal programs. Must possess valid Oklahoma driver's license and be willing to travel.

APPLICATION PROCEDURE:

Submit tribal application, with one paragraph statement "Why you are qualified to hold the positions of Coordinator", resume, transcripts, diplomas, certifications, and CDIB to:

Cheyenne-Arapaho Tribes
Personnel Department
P.O. Box 38, Concho, OK 73022

Social Services Coordinator
Social Services
Closing Date: Sept. 7, 2010

QUALIFICATIONS:

Bachelor's degree required. Prefer degree in social work or related field. Requires two years of supervisory experience. Ability to work flexible hours and willing to work other hours including after 5 p.m. Must have ability and understanding of program goals, objectives, and related rules and regulations. Possess good communication skills, written and oral. Must have ability to maintain a high level of confidentiality on all client matters and other matters protected by the privacy Act as well as other confidentiality regulations. OSBI and criminal background check required. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho tribal preference applies.

SALARY: Negotiable

Independent Living Center
Part-Time
Receptionist

Independent Living Center Part- Time Receptionist The Independent Living Center in Clinton, Oklahoma is currently looking for a person to fill the position as Part-time Receptionist. This position requires phone etiquette, computer skills, and good people skills. The position will be for a 20 hour work week and a schedule of times will be determined at the time of hire. Applications are available at the Cheyenne-Arapaho Housing Authority,2100 Dogpatch Road, Clinton, Okla. or call (580) 323-4877 or (800) 482-4288.

EFFECTIVE UNTIL FURTHER NOTICE

The Department of Enrollment is not open for regular business during the following times:

Wednesdays and Fridays
1 p.m. - 5 p.m.

We have found it necessary to use this time to update the member database and records. We apologize for any inconvenience.

September 2010 C & A Food Distribution

Office Hours:
Mon-Fri: 8 to 5
Issuance Hours:
9 to 11:30 and 1 to 3:30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Nutrition Ed Demo	4
5	6 Closed for Labor Day	7 Clinton #1 Tailgate	8 Seiling Tailgate	9 Hammon Tailgate	10	11
12	13	14 Clinton #2 Tailgate Nutrition Ed Demo	15	16 Elk City Tailgate	17	18
19	20	21	22 Nutrition Ed Demo	23	24	25
26	27	28 Last day to pick up for September	29 Closed for	30 Closed For	Non-Discrimination Policy: USDA is an equal opportunity provider and	

September 2010 Schedule of Events

September 1st
Volleyball & Softball Leagues—Concho
September 5th
Labor Day Pow Wow Activities—Colony
September 8th
Volleyball & Softball Leagues—Concho
September 15th
Volleyball & Softball Leagues—Concho
September 22nd
Volleyball & Softball Leagues—Concho
September 22nd
Elders Day Out— State Fair / Oklahoma City

R.E.Sp.E.C.T. Program
P.O. Box 143 Concho, Oklahoma 73022
1.800.247.4612 Ext. 27570 Fax: 405.262.7334

Reunion Invitation

The Wright Family of the Rosebud Indian Reservation are planning a family reunion for the year 2011,on the fourth weekend of August, during the annual Rosebud Fair celebration (Aug. 27, 2011) at Ghost Hawk Park near Rosebud, South Dakota. The Wright family sends greetings and welcomes all families who are descendents and lineal descendents of John or Jack Wright (DOB: In or around, 1880 DOD: 1951) who originated from the Southern Cheyenne in Oklahoma and relocated to the Rosebud Indian Reservation in the late 1800s.

For more information please contact Larry Wright at (605) 828-2843 or by email at lgshwright@hotmail.com.

15th Red Earth Golf Tournament set AT Oklahoma City Golf and Country Club

OKLAHOMA CITY, OK - Oklahoma City's most historic and prestigious golf course, is the site of the 15th annual Red Earth Allie Reynolds Memorial Golf Tournament to benefit year-round programming at the new Red Earth Museum & Gallery in downtown Oklahoma City and the annual Red Earth Festival.

The Red Earth Golf Tournament scheduled Monday, Oct. 18, 2010 at the Oklahoma City Golf and Country Club benefits year-round programming for the new Red Earth Museum and Gallery in downtown Oklahoma City and the annual Red Earth Festival. Only six outside tournaments are held at the club each year. The Red Earth Allie Reynolds Memorial Golf Tournament is held as a tribute to Muscogee (Creek) Indian and Oklahoma native Allie Pierce Reynolds, one of Major League Baseball's most feared pitchers of the 1940's and 50s. As a pitcher for the New York Yankees, Reynolds won five World Series in a row from 1949-53. The Red Earth tournament features five-member teams in 18 holes of scramble golf. A limited number of team sponsorships and individual player slots are available by calling (405) 427-5228 or online at www.redearth.org. Participants receive lunch on the famed course designed by golf course architect Perry Maxwell. The course is known for its gentle rolling terrain, lakes, creeks, bunkers and deceptive greens. Prizes are awarded for longest drive and closest to the pin. A post tournament awards presentation follows the event. Registration for individual players is $250 and five-member teams are $1,500. Tee sponsorships are also available.

Red Earth, Inc is a non-profit 501(c)3 organization that promotes and presents the rich traditions of American Indian arts and cultures through educational programs, the annual Red Earth Native American Cultural Festival and the Red Earth Museum and Gallery located in downtown Oklahoma City.

Sept. 3-6, 2010
Colony Powwow Grounds

The 66th annual Cheyenne and Arapaho Labor Day Powwow

Rations to be given to the first 50 camps with fireplaces

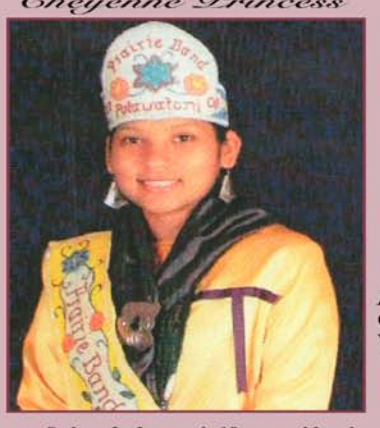
Special Guest Appearance by actor, Adam Beach

REGISTRATION OPENS 9 A.M. SATURDAY, SEPT. 4.
POINT SYSTEM IN EFFECT STARTING WITH SATURDAY'S GRAND ENTRY

Church Services Sunday morning 10 a.m. under Pavilion

Chairwoman: Karen LittleCoyote (405) 371-4052
Vice-Chairwoman: Carol Whiteskunk (405) 200-5721
Secretary/Treasurer: Peggy Sue Horse: (405) 593-2100
Drum Contest Coordinator: Mike Pawnee (405) 410-4263
Hand Game Coordinator: Mary Beaver (405) 664-5354

Cheyenne Princess



Sydney L. Jessepe is 18 years old and was born in El Reno, Okla. on Aug. 14, 1991. She attends Haskell Jr. College in Lawrence, Kansas as a sophomore and is on the basketball team. Jessepe has been on on the honor roll. Her parents are John and Jacquelyn Jessepe Levier, Lyman Weasel Bear, Jr. Her paternal grandparents are Lyman Weasel Bear, Sr. in Weatherford, Okla. and Phyllis Talawyma in Lame Deer, Mont. Her maternal grandparents are Rosanna and Ron Jessepe in Mayetta, Kansas and Joseph and Mary Jessepe also of Mayetta. Her great paternal grandparents are Busby and Elise Weasel Bear. Her great maternal grandparents are Ed and Mary Elk River White Skunk

PARADE STARTING AT 10 A.M.
MONDAY, SEPT. 6, 2010-MEET AT GAZEBO
EARN EXTRA POINTS

Flags to be Flown:
Saturday, Sept. 4-Ronnie Nibbs
Sunday, Sept. 5-Henry Wetseline
Monday, Sept. 6-Edward Bull

Head MenDancers:
Cecil Dawes-Cheyenne
Willie Beard-Arapaho

Head Lady Dancers:
Margaret Behan-Cheyenne
Laketa Pratt-Arapaho

Head Singers:
Jeremy WhiteBuffalo-Cheyenne
Frank Mosqueda-Arapaho

Arena Directors:
The Black Kettle Boys
Stormy, Dakota
Preston, Derek

Master of Ceremonies:
Alan Fletcher-Cheyenne
Clinton "JR" Youngbear-Arapaho

Sgt. at Arms: James Shawnee

Arapaho Princess

Glorietta Jean Popetsaitke is the 14 year old daughter of Dennis Popetsaitke and granddaughter of Mary (Bearshield) Beaver and Allen Sutton. Her great grandparents are the late Willie and Bertha (Thunderbull) Bearshield, Harry and Glorietta Whiteman all of Clinton, Okla.
Glorietta attended Oklahoma City Public Schools and Riverside Indian School, where she was a member of the Riverside Indian Dance Club. She was also a member of the Oklahoma City Public School's Eagles in Flight dance club.
She participated in soccer and basketball.
Glorietta loves to hang out with friends, going to powwows to dance and texting.

The 3rd Annual Cheyenne and Arapaho Tribal College Commencement Ceremonies
10 a.m. Saturday, Sept. 4, 2010 - Meal immediately following.

R.E.Sp.E.C.t. LABOR DAY POWWOW ACTIVITIES

Waterslides
12-4 p.m.
Turtle Races

Sunday
Sept 5, 2010

Volleyball Tournament
10 am Sign Up
11 am Start

Horseshoe Tournament
8 am Sign Up
9 am Start

Cultural Art Studio II
Youth K-12
11 am-2 pm-Lunch Provided
Professor
Edgar HeapofBirds

Elders Honored Sunday @ Dusk

Fun Walk
9 am

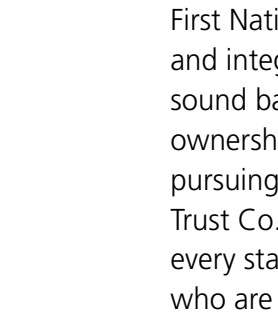
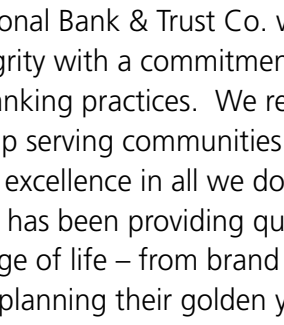
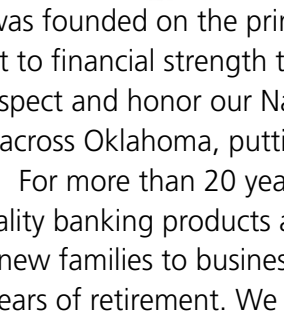
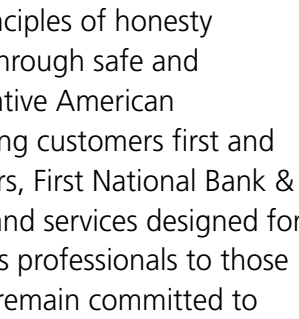
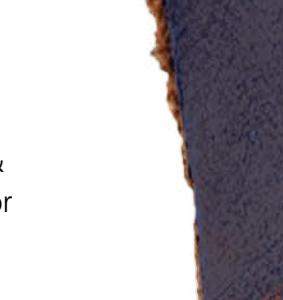
FRY BREAD CONTEST
10 AM

Continuing Our Legacy...

First National Bank & Trust Co. was founded on the principles of honesty and integrity with a commitment to financial strength through safe and sound banking practices. We respect and honor our Native American ownership serving communities across Oklahoma, putting customers first and pursuing excellence in all we do. For more than 20 years, First National Bank & Trust Co. has been providing quality banking products and services designed for every stage of life – from brand new families to business professionals to those who are planning their golden years of retirement. We remain committed to creating a lasting legacy by helping to make the dreams of our customers a reality.

FNB Products & Services:

- Personal Checking
- Business Checking
- Remote Deposit Capture
- Cash Flow Management
- Senior Accounts
- CDs, IRAs & Savings
- Mortgage Lending- including HUD 184 Loans
- Commercial Lending
- Consumer Lending
- Telephone/Online Banking

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702 N.W. Sheridan Rd.
(580) 536-8801

www.fnbokla.com

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Photo by Rosemary Stephens

Adrian Mosqueda (l) and Stephen Fletcher (r) work two of the horses they are training for the Cheyenne and Arapaho tribes' farm and ranch program.

Horses

continued from page 1

because cattle are domesticated and buffalo are wild animals, so if a horse is trained herding buffalo, then that horse can do anything after that," Fletcher said.

He said horses and Indians go hand-in-hand.

"Horses have always been a part of our culture and our traditions and I would like to see us get back to using them more in our daily work out in the fields," Fletcher said. "Our straw boss, Adrian Mosqueda, just moved back to help me with the horse part of the program and between the two of us, we can train a horse to be ridden by anyone."

The farm and ranch program are currently working with five horses owned by tribal members and are working with Redlands Community College's equine center located on Hwy. 81 in Concho, Okla.

Along with raising buffalo and training horses the tribes'are building their cattle herd.

"Our cattle are steroid free and pure 100 percent beef, Fletcher said.

For more information on the farm and ranch program call Fletcher (405) 4227461.

CATC CORNER

By Dr. Henrietta Mann
Cheyenne and Arapaho Tribal College President

It is difficult to realize that summer is nearly gone and schools are back in session.

Tsistsistas and Hinónóéí students are heading back into the classroom after a summer filled with the opportunity to attend a powwow or two, go on vacation, be involved with or participate in tribal ceremonies here in Oklahoma, Wyoming or Montana or to just relax with family and enjoy the time away from buzzing bells, studying and homework.

Education it is! After all education is a people's way to battle all the issues that lock them into a cycle of poverty and hopelessness and keeps them from improving their quality of life in the 21st century Native America.

CATC students returned to classes on Aug. 25, 2010 and there has been a steady influx of tribal members enrolling in college. The tribal college readily accepts students from other tribes, as well. Some days have been so challenging and busy that it's physical capacity over flowed leaving some students to wait in the hall. However, it is a pure joy for CATC personnel to see that the tribal college working with Southwestern Oklahoma State University (SWOSU) provides the educational opportunity to earn, at minimum, an associate's degree.

In order to provide students with the required courses toward any of the four associate degrees. This 2010 Fall Semester, the President, featured in the last edition of the tribal newspaper as a *Living Legend*, is team-teaching two CATC courses. The first is Cheyenne and Arapaho history, which has four learning objectives, two of which are:

1. The student will be able to understand the unique association of the Cheyenne and Arapaho Tribes both in a historical and modern day context. Further,

2. The student will be able to trace the movement of the Tribes through their history both before and after the European/American expansion.

The beauty and appeal of this course is that it is taught at CATC and no other college or university. Chief Dull Knife College, Northern Cheyenne Reservation, Lame Deer, Montana offers a comparable course only for Cheyennes titled History of the Cheyenne People. In all probability, Wind River Tribal College, Wind River Reservation, Ethete, Wyoming offers a like course on the Arapaho in its Northern Arapaho Studies Program.

The second course being team taught by the President is College Success, which is offered by CATC for the first time. Administered through the SWOSU Provost's Office its many sections have a standard curriculum designed to assist students in making the transition to college and getting the most out of their college experience. Furthermore, students are given the assistance to accomplish their life goals, including success in college, by providing them with the skills to improve their academic competence. The course has 11 students, and this small class size is ideal because it maximizes individual attention and helps build strong, positive relationships between students and course instructors.

CATC currently offers 12 courses and will continue to increase it curricular offerings, which is dependent upon funding. One way of gauging the development of the tribal college is to look at Chief Dull College which has been in existence since 1978 and has around 141 students. Even though the CATC enrollment is smaller, one has to realize that the tribal college opened its doors in August 2006 with one student and has grown to its current 110 students. This increase in student enrollment is largely due to the aggressive recruitment efforts which began in 2008 when the President relocated to Oklahoma from Montana to help "grow" the Cheyenne and Arapaho Tribal College.

CATC Board of Regents and tribal college personnel continue to work to make the higher education dreams of the people come true. The next important step is to secure the necessary funding for a separate facility, which CATC can call it's own. It must be remembered that as the natural, simple, peaceful compassionate people of this land, we walk with humility and treasure the great gifts that have come to us from our beloved grandparents, especially their wisdom, knowledge, generosity, love, hope and vision of a world characterized by cultural integrity upon which the Cheyenne and Arapaho Tribal College is founded.

WE'VE GOT YOUR GAME!

LABOR DAY WEEKEND KICKOFF

Sunday, Sept. 5 • Cash Giveaways
Win a share of over $7,000 from 6pm - 8pm

Earn entries September 1st - 5th with your Rewards Card!
Also, Bonus Hot Seat Drawings every half hour 5:30pm - 9:30pm for OU/OSU memorabilia.

Cheyenne & Arapaho WIN BIG THEREWARDSCARD

Monday, Sept. 6
Play $20! Get $20! • Plus 2X Points
12am - 11:59pm

See Players Club for more details.

Lucky Star entertainment

Smokey Robinson
September 3rd
CONCHO

MMA FIGHTS

MMA Fights
September 4th
CONCHO

Bret Michaels
September 17th
CLINTON

Keith Sweat w/ Salt n Pepa
September 18th
CONCHO

MMA Fights
September 30th
CONCHO

Tickets available for purchase at Lucky Star Casino box office and TicketStorm.com • 866-966-1777

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